

EMERGENCY CONTACTS

Contact's Name:

Contact's Phone #:

Medications:

Allergies:

DIAPHRAGM
ALTERNATIVE RESOURCES

berkeley
alternative
resources

STATE
MENT

OF INTENT

Due to historical and societal events, it is understood that the state works to oppress rather than protect the rights and safety of every individual. For this reason we have created a pocket-book filled with alternative resources to contacting the police, the government, and the University of California. We encourage you to keep this booklet handy to use in times of need. We advise you to always be aware of your surroundings and conscious of those around you. Your experiences are valid and we hope this zine provides you comfort and safety.

jrgrl

You Get Arrested

what to do if

1 YOU HAVE THE RIGHT TO ASK WHY YOU'RE BEING ARRESTED

REMAIN SILENT. VOCALIZE

2 YOU WON'T BE SPEAKING

REMEMBER MIRANDA RIGHTS

- right to remain silent
- anything you say can and will be used against you
- right to an attorney
- can't afford an attorney, one will be provided for you

3 U GET ONE LOCAL CALL

Talking to your lawyer?
The police can't listen!

5 U R ENTITLED TO THESE RIGHTS regardless of immigration or citizenship status

Bay Area Legal Aid

provides low-income clients with free civil legal assistance
including advice and representation
(800) 551-5554 (Advice) | (510) 663-4755 (Office)

assault.

A SAFE PLACE

24-hr crisis line,
counseling, domestic
violence info,
referrals, crisis
shelter
(510) 536-7233
www.asafeplace.org

**LA CASA
DE LAS MADRES**

24/7 crisis response line,
emergency shelter.
Confidential and toll-
free.
Adult Line: 1-877-503-1850
Teen Line: 1-877-923-0700
www.lacasa.org

**STAND!
FOR FAMILIES FREE
OF VIOLENCE**

24-Hour Crisis Line,
crisis intervention,
peer support.
Emergency shelter for
women & children
(888) 215-5555
www.standffov.org

BAY AREA

WOMEN AGAINST RAPE

24-hr Sexual Assault
Crisis Hotline,
in-person counseling,
LGBTQ+ affirming,
expertise of rape and
incest
(510) 845-7273
www.bawar.org

NARIKA

Culturally sensitive/
diverse advocacy,
support, information,
referrals. Focused on
helping immigrants/
South Asians
1-800-215-7308
www.narika.org

W.O.M.A.N., INC

24-hour support line:
peer counseling, safety
planning, referrals for
domestic violence
survivors
(877) 384-3578
www.womaninc.org/support

HEALTH

Amber House
510-379-4179

Bay Area Community
Services
510-613-0330

MH First
510-999-9MH1

Crisis Support
Services Hotline
800-309-2131

Eating Disorder
Helpline
630-577-1330

**NATIONAL SUICIDE
PREVENTION HOTLINE:**
---> 1-800-273-8255

RESOURCES

food & housing

CAUSA JUSTA

info/referrals/advocacy on tenants' behalf.
English & Spanish. assistance w/ unlawful
detainers, evictions.

(510) 836-2687
cjjc.org

**COVENANT HOUSE
CALIFORNIA**

sanctuary/support for youth 18-24 facing
homelessness & human trafficking.
Emergency shelter programs.

(510) 379-1010
covenanthousecalifornia.org

SF COMMUNITY FRIDGE

Mission Meals Coalition
partnered w/ SF Community Fridge,
a network of free food fridges in
SF Currently located @ Adobe Book Store

(3130 24th St, SF)
missionmealscoalition.org/sfcommunityfridge

PLATFORM

"Food Art Bank (FAB) is situated at Platform
Artspace, a new socially engaged public art
space on UC Berkeley's campus."

courtyard on the southern side of
Bauer Wurster Hall (next to the bicycle racks)
foodartbank.org

buishoy

1800HOTLINES

National Center for Victims of
Crime 866-689-4357

National Disaster Distress
Helpline 800-985-5990

National Disaster Distress
Helpline 800 985-5990

National Teen Dating Abuse
866-331-9474

National Center on Elder Abuse
855-500-3537

National Drug Helpline
844-289-0879

LGBT National Hotline
888-843-4564

TransLifeLine 877-565-8860